

# Speak English Confidently

How to build the confidence to ignore mistakes, start conversations and speak English successfully in 7 simple steps

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Hi there. I'm Drew Badger, a language learner just like you, the co-founder of EnglishAnyone.com, and the world's #1 English Fluency Guide.

More than any word, phrase or grammar point I've learned as a student of Japanese, the thing that has been the biggest source of my language learning success – and the thing that's helped me go from being a shy, awkward speaker to getting fluent – has been **confidence**.

The more I focus on building confidence, the more everything else about language learning becomes simple and easy.

Confidence is the foundation of fluency. If you know a language's vocabulary and grammar but don't have the courage to speak, you'll never enjoy English conversations or get fluent.



So, in this important guide, I'll share with you the **7 simple steps required to develop unbreakable confidence** – the kind of confidence that helps you seek out opportunities to speak English, ignore mistakes, and finally become the fluent English speaker I know you can be.

By the end of **Speak English Confidently**, you'll know exactly what to do to feel excited to practice, fearless about introducing yourself and saying "Hello!" and ready to achieve your English speaking goals.

Let's get started! :)

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## The 7 Steps to English Speaking Confidence

What gives someone the courage to say a word in another language even when they don't know what word they'll say next? What helps learners of a second language speak without the fear of being laughed at for making mistakes? What element comes before all successful action?

In a word...

Confidence!

UNBREAKABLE, POWERFUL CONFIDENCE!!!

Confidence lies at the heart of every success in life, and it is grown with many small achievements over time. No matter what your English learning goals are, build the confidence to speak and you will become UNSTOPPABLE!

You've probably been told to "be confident," or to "not worry about making mistakes," but no one has really explained HOW to do these things until now...

### 1. Master Fear

**Fear is the number one cause of failure** because it stops most people before they even begin. People often take no action because they worry about a thousand things:

What will others think if I use the wrong word? What if someone can't understand my pronunciation? What if I hesitate, or make a mistake with my grammar?

For many people, the CERTAINTY of doing nothing actually feels better than the UNCERTAINTY of trying something that might lead to failure.

But here's the truth: **Fear is INESCAPABLE.**

Famous celebrities, top athletes and business leaders all experience anxiety and fear from time to time. Fear is natural, healthy and can never be erased completely. Fortunately, **the secret to building the confidence to take action is NOT the elimination of fear...**

Imagine standing in front of a burning building after escaping a fire. You're safe outside and wouldn't even think of going back in.

Now, consider what you would do if you heard the scream of a child still trapped in the building.

If you care at all about the lives of others, you rush into the building without thinking to save the child

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before you even notice the heat from the fire. You take action because the desire to save the child is stronger than the fear of being burned.

Listen to that again because this idea really can change the way you live your life...

"You take action because the desire to save the child is stronger than the fear of being burned."

In this example, fear is FORGOTTEN because your FOCUS is on saving the child. The fear is STILL THERE, but the DESIRE to save the child is stronger than the fear of the hot fire. You're thinking ONLY about the VALUE you can give to the child by running back into the building, so you TAKE ACTION automatically. **This is the REAL secret to achieving ANYTHING!**

When you **REDIRECT your focus from fear to the value you can bring to the world, your desire will give you the initial confidence to take action**, even if you might experience pain, embarrassment or failure. Focus on what you can GIVE by achieving your goals – like being able to help native speakers of your language connect with English speakers by becoming a fluent English speaker – and you'll begin building the confidence to take action AUTOMATICALLY!

## 2. Welcome Failure

When you try something new, you WILL make mistakes and fail. This is, again, a NATURAL part of building confidence that EVERYONE goes through on the road to achievement. You WILL become frustrated, upset and even angry because you're not succeeding fast enough. But if you learn from your mistakes, you will feel more confidence growing inside you.

Since you know that you will fail and make mistakes, plan NOW to keep going. **Most people give up when they experience failure because they're not looking at the whole picture.** They don't see that they HAVE to fail in order to get better. After all, if you're NOT failing, you're probably not challenging yourself.

**QUITTING is something people DECIDE to do when they fail or make mistakes.** The people who really build incredible confidence aren't special or geniuses. They just KEEP GOING despite problems and mistakes because they understand that these are part of the whole process.

## 3. Choose Your Destination!

**Begin with the END!** Decide what your goals are and imagine what your life will be like as if you've ALREADY achieved them. Be specific! Don't just say that you want to become a doctor. Describe the EXPERIENCES you want to have AS a doctor. What kind of doctor will you be? What VALUE will you be able to give when you become a doctor? How will you help others? What will your daily life be like?

You may want to become a fluent English speaker, but **you need a clear picture in your mind of what you will be DOING with your English.** Do you see yourself eating at the local American restaurants you won't find in guide books? Will you be meeting international friends at an airport lounge between flights? What

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international business or dream job will you have as a confident English speaker?

**Understand that you have NO LIMITATIONS, and that you can achieve anything you wish, EVEN IF YOU DON'T YET KNOW HOW!** If you take this step seriously, and SEE the experiences you'll have in your mind, then opportunities, and the knowledge you'll need to succeed, will come to you LIKE MAGIC!

Once you've decided what your goals are, think about where you are RIGHT NOW. Be HONEST with yourself, and don't be afraid to ask for help. If you're serious about your goals, others will be EXCITED to help you achieve them!

## 4. Tell Everyone

**After you decide what your goal is, tell everyone you know!** Email people and tell everyone you see in your day-to-day life. Post to Facebook, and on your blog if you have one.

Telling others about your plan shows that you're serious, and makes you take action. It also helps you be honest with yourself about where you are now compared to where you want to be. Tell everyone and others WILL APPEAR, as if by magic, to help with the support, knowledge and tools you'll need to reach your goals.

## 5. Take Action

Your mind is now prepared, and you're ready to take your first, REAL action step!

Congratulations! Do you feel your confidence and excitement growing? Are you ready to PROVE TO YOURSELF AND OTHERS that you can achieve... That you can become a confident, fluent English speaker?

To train yourself to take action, think of the easiest thing you can possibly do to achieve your goal, and give yourself a deadline to accomplish it. If you want to lose weight and build muscle, decide to do just one push up by the end of today. If you want to become a master piano player, try practicing for just one minute. The first action step and deadline will be different for each person. The important thing is just to do something so simple that you will ABSOLUTELY achieve it and begin building your confidence.

The idea here is that things we consider to be "difficult" are really just things with many steps. NOTHING is too difficult for you if you just break it into small, easy-to-do pieces. So, divide up your work and get started on the first, tiniest piece.

If reading a whole book seems difficult, just finish one chapter. If you can't read a whole chapter, just read one page. The journey of an entire book begins with the first word.

The point is to do something you KNOW you can accomplish, and then FEEL GREAT about it, no matter how small you think it is. **All progress should be celebrated! :)**

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## 6. Step into the Unknown

**After you've accomplished a few easy action steps, take the positive feelings and confidence you've built and push yourself to do more.** It's time to GET UNCOMFORTABLE and try to do things you don't know if, or how, you can accomplish. This is where you will experience pain and frustration. You will require much practice and patience. But if you've built up your confidence with smaller action steps, you will be able to recover from any mistakes you'll make.

This is the part where you challenge making longer sentences if you usually only say short, simple ones. Give it a try! The worst that could happen is that you make a mistake, learn from it and can try again.

**As you challenge yourself to do more than you think you can, remember that you're trying to achieve a goal for something greater than yourself.** When you don't know exactly how to do something, or it seems too difficult, it's especially important to focus on the VALUE you'll bring to the world once you've achieved your goal. Make the desire to help others stronger than any fear or uncertainty you feel and you WILL find a way to overcome the fear of stepping into the unknown!

This is the best time to ask for help if you need it. When you're confident about the value you can bring, and can explain this to others, ANYTHING you decide to do will become possible.

## 7. Drive the Cycle of Success

Great job! You now understand the complete process for building the confidence to accomplish fluency, and much, much more! All you need to do now is **continue to drive the cycle of success with greater challenges as you move toward your ultimate goal.**

The cycle of FEAR focuses your energy on yourself, and what you think you CAN'T do, so you quit before you even try. This painful cycle stops you from moving forward and only creates more fear.

The cycle of SUCCESS and CONFIDENCE focuses your energy on the VALUE you bring to the world. Focus on success through service to others and you will build an unstoppable confidence that will help you achieve amazing things!

In truth, you already have everything you need inside of you to achieve success. And you ABSOLUTELY have value to share with the world, even if right now it's only in being a great listener. Remind yourself of these 7 steps each and every day and you will begin speaking English more confidently, and experiencing more success in EVERY area of your life.

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## Your Next Step...

What you've learned in this valuable guide is just one piece of the complete fluency puzzle. In addition to building the confidence to express yourself, you also have to learn the conversational vocabulary of native English speakers, speak clearly so you're understood, and learn to use grammar without thinking in conversations. To help you master all of these things so you can finally speak fluent English successfully, I've created a unique English fluency training and speaking confidence program called Master English Conversation 2.0.

Master English Conversation 2.0 is a complete video course that guides you step-by-step from your current level of English all the way to fluency so you can enjoy English movies, TV shows, music and conversations, and express yourself confidently in English the way you can in your native language – no matter where you live, or how old you are.

If you'd like to learn more about how Master English Conversation 2.0 can help you quickly achieve your English fluency goals, click on the link below...

**[CLICK HERE to Start Speaking English Fluently, Confidently and Automatically](#)**